

Representing, Promoting and Supporting
Creative Arts Therapists

The Irish Association of Creative Arts Therapists
is the professional registration body for

Art, Dance Movement,
Drama and
Music Therapists



What IACAT does

- Ensures members adhere to a Code of Ethics
- Monitors professional standards
- Promotes research through *the* IACAT academic peer-reviewed Journal
- Represents members to employers, health/education agencies and Government departments
- Works towards gaining statutory recognition alongside allied health professionals
- Provides an online directory of therapists for the public

Creative Arts Therapies

A collective term used for the four Creative Arts Therapies: Art, Dance Movement, Drama and Music Therapy

- Evidence-based health professions
- The planned and creative use of the art forms to accomplish individualised clinical goals within a therapeutic relationship by a qualified Creative Arts Therapist
- Focus on physical, communicative, psychosocial, cognitive and emotional needs

Creative Arts Therapists

- Work as an integrated part of multi-disciplinary teams, assessing clients' needs, designing and implementing therapy programmes and evaluating interventions
- Work in health and social care settings including hospitals and rehabilitation centres, nursing homes, mental health, substance misuse and social care services and hospices
- Work in educational settings including early intervention, schools and special schools, vocational training centres and disability service sand in private practice
- Work with individuals and groups of all ages to facilitate self-expression, self-awareness, communication, and personal development
- Therapists undertake continuing professional development and clinical supervision

Arts and Health

Art and health practices are preventative, Creative Arts Therapies are curative

- Arts Therapies integrate the experience of a given art form with the theories and practice of psychology, psychotherapy and psychiatry as a unique form of therapeutic intervention. Arts and health practices have a focus on artistic processes and artistic outcomes for their own sake
- The distinction between the two is sometimes difficult to make, as many arts therapists are also practising artists. But it is important since art, music, drama and dance movement therapists are qualified health professionals who are equipped to deal with therapeutic work
- Arts practice's primary goal is the experience of art or the production of art. Creative Arts Therapies primary function is therapeutic
(The Arts Council, 2003)

The Executive Council

IACAT has an elected council of experienced Creative Arts Therapists

- Council and its working groups focus on: Administration & Finance, Statutory Recognition, Accreditation & Professional Standards, Membership, IACAT Journal and PR & Media Relations
- Ensures that the Code of Professional Conduct and Ethics is maintained and adheres to legislation, protocols and guidelines, ensuring safe practice for both clients and members
- Executive Council liaises with regional groups

Statutory Recognition and Registration

Creative Arts Therapies

- IACAT is actively campaigning for statutory recognition and registration of Creative Arts Therapies in Ireland
- In the UK Creative Arts Therapists have been registered with the Health and Care Professionals Council since 1999
- IACAT requests the inclusion of Creative Arts Therapies in the Health & Social Care Professional's Act (2005)
- Statutory recognition of Creative Arts Therapists will ensure that Creative Arts Therapy services are delivered by qualified, regulated therapists
- Statutory recognition will promote the highest professional standards amongst Creative Arts Therapists in Ireland
- Gaining statutory recognition is critical to the protection and safeguarding of the public

Membership

IACAT has a growing membership of over 250 therapists across Ireland

Journal

IACAT publishes a peer reviewed academic Journal

Professional training

Creative Arts Therapists are Master's level graduates in their profession

Contact

- The association supports members, keeping them updated with news and developments and providing opportunities for CPD and networking
- Full members have graduated from an IACAT recognised, accredited training course to Master's level in Ireland or abroad
- Offers a variety of membership options including full, non-practising and student
- IACAT welcomes associate and organisational membership from other professions
- The IACAT Journal invites submissions from Irish and international contributors
- The IACAT Journal covers evidence based practice, current research, book reviews and relevant emerging topics
- As well as proficiency in their art form, students are trained in psychology, psychotherapeutic theory, physiology, social/behavioral sciences and human development
- Creative Arts Therapists are trained in clinical practice, theory and research. This includes assessment, treatment, planning and delivery, and evaluation
- Ongoing personal therapy and clinical supervision are an integral part of the training
- Courses in Ireland include: MA in Music Therapy (University of Limerick), MA in Art Therapy (CIT, Cork), MA in Dramatherapy (NUI Maynooth). For MA in Dance Movement Therapy see UK Universities

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